Inspire & Empower

We hope each employee finds what inspires himself or herself to feel empowered to choose healthy habits daily. When we make wellness a priority in our lives, we are an example for others around us.

First – What’s Your Plan?
Changing our everyday actions and habits can be challenging – but the rewards can include better health, increased happiness and improved relationships. Take some time to create a plan that you can live with – one with smaller steps and may include a friend or loved one to help you stick with it.

Next – What’s Holding You Back?
Understanding why you may have struggled in the past, or what is making you reluctant to get started now can provide insight into what you need to change, improve or update before really kicking into gear.

Incorporate healthy habits into the day to Work Well:
• Dedicate “standing” tasks – phone calls, meetings, reading email.
• Add a plant into your workspace and get fresh air daily!
• Alternate caffeinated beverages with a glass of water.
• Keep your workstation clean and organized to reduce stress.
• Choose new locations to have your lunch.

Check out ways to “Inspire and Empower” this quarter:

Habits for Health Challenge: July 30 – August 27
Earn 40 points for completing 75 minutes of physical activity per week and learn about the Power of Habit. Register on the Alyfe portal starting July 16!

Be the Change Event – late September: Details coming soon!
As Ghandi said: “Be the change you wish to see in the world.” For a happier, healthier world, we must learn to live in a way that improves our health and well-being daily. This event will focus on nutrition and movement and will encourage us each to strive to be our best selves. Details will be updated until the event on the website at: http://bit.ly/BeChange2018

NEW Learn it Live 30-Minute Sessions!
Join us for interactive group sessions led by a certified Health Coach on topics including: Sleep Health, Digital Detox, Mindful Eating and going from Stressful to Successful.

Details available on the Be Well UC Events Page: http://bit.ly/BWUCEvents

Questions? Please contact wellness@uc.edu uc.edu/hr/bewelluc